



Helping each other lead healthier lives.

Early Detection and Screening Healthy Avondale Partnership



Community Education and
Wellness Centers



American Stroke
AssociationSM

A Division of American
Heart Association



Halle Heart Center



Early Detection & Screening: Healthy Avondale Partnership

- **Objectives to reduce disparities:**
 - *Preventive screening & educational services to community*
 - *Provide detailed baseline assessments*
 - *Develop evidence-based and culturally sensitive interventions and preventive strategies for CVD and type 2 diabetes.*
- **Pilot: we hope to make this model applicable to other communities as part of the Healthy Communities Program.**



Avondale Health Disparities

- **Target disparate population:**
 - *Avondale Latino/Hispanic community*

Avondale	2000	2003
Population	35,883	53,925
% Hispanic	46.2%	69.1%
PC HPSA	Ã	Ã
Federal MUAMUP	Ã	Ã
Arizona MUA	Ã	Ã
Deaths from CVD	39	60
Deaths from diabetes	5	6

(ADHS,2000, 2003)



Healthy People 2010

- **Access to quality health services**
- **Cardiovascular Disease**
- **Diabetes**
- **Educational and community-based programs**
- **Nutrition and overweight**
- **Physical activity and fitness**

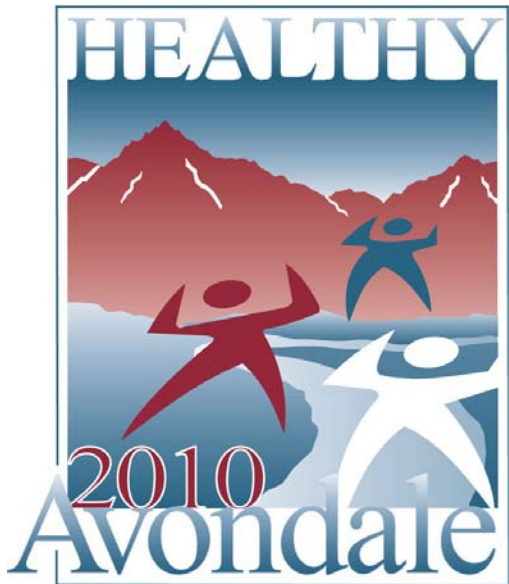


Evidence-Based

- **Epidemiological survey of Hispanic residents**
 - *Physical Activity*
 - *Nutrition*
 - *Healthcare Utilization*
 - *Hypertension, cholesterol, CVD, diabetes*
 - *Tobacco & alcohol use*
 - *Clinical and anthropometric measures*
- **Target: ~600 adults & ~600 children**



Evidence- & Community-Based



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- **Community Health Liaison**
 - *Avondale BRFSS*
 - *Healthy Activity Plans*
 - *Evaluation*
 - *Support for partnership programs*
- **Wellness Symposium**



School- and Community-based

- **FitStart & FitSource Program**
 - *Education and activities*
 - *Parent support encouraged (youth)*
 - *Family support (adults)*
 - *Baseline and post-intervention assessment of behaviors, attitudes, and knowledge*
 - *Overweight, body fat analysis*
 - *Weight (weekly), blood pressure (monthly)*



Community Education and
Wellness Centers



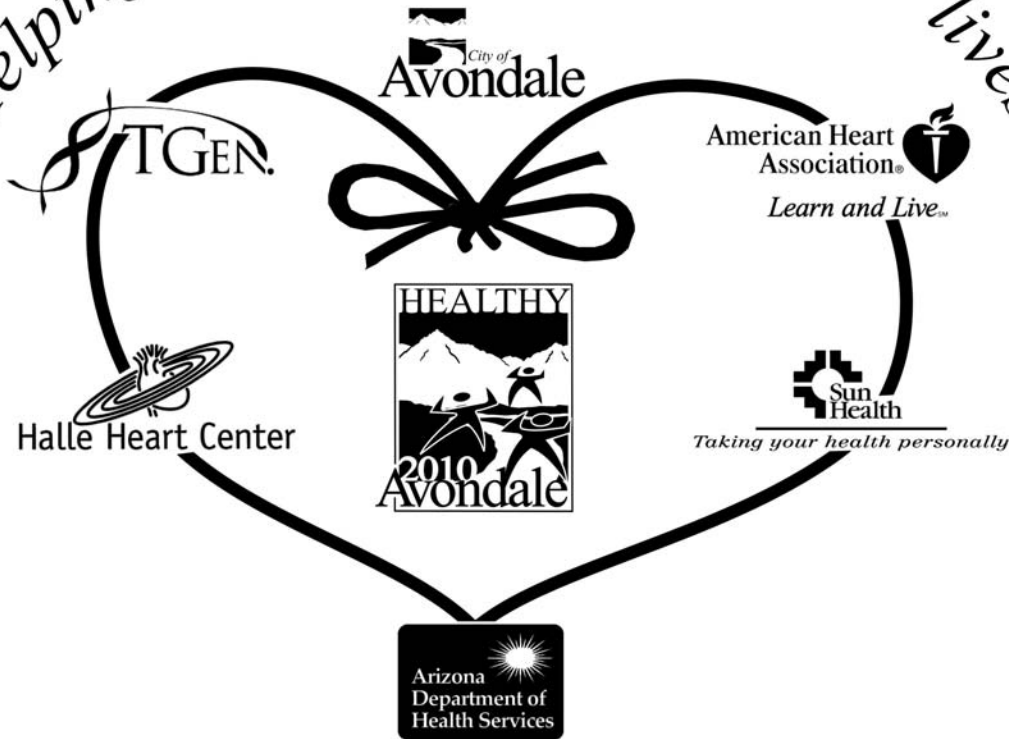
Support-Based Activities

- **Halle Heart Center visit**
 - *Invite 5th graders in Avondale*
- **Educational outreach**
 - *Cooking demos*
 - *National experts*
 - *Seminars*
- **Expert Support**
 - *Cultural Health Initiatives Committee*



Quarter 3

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Where are we now?

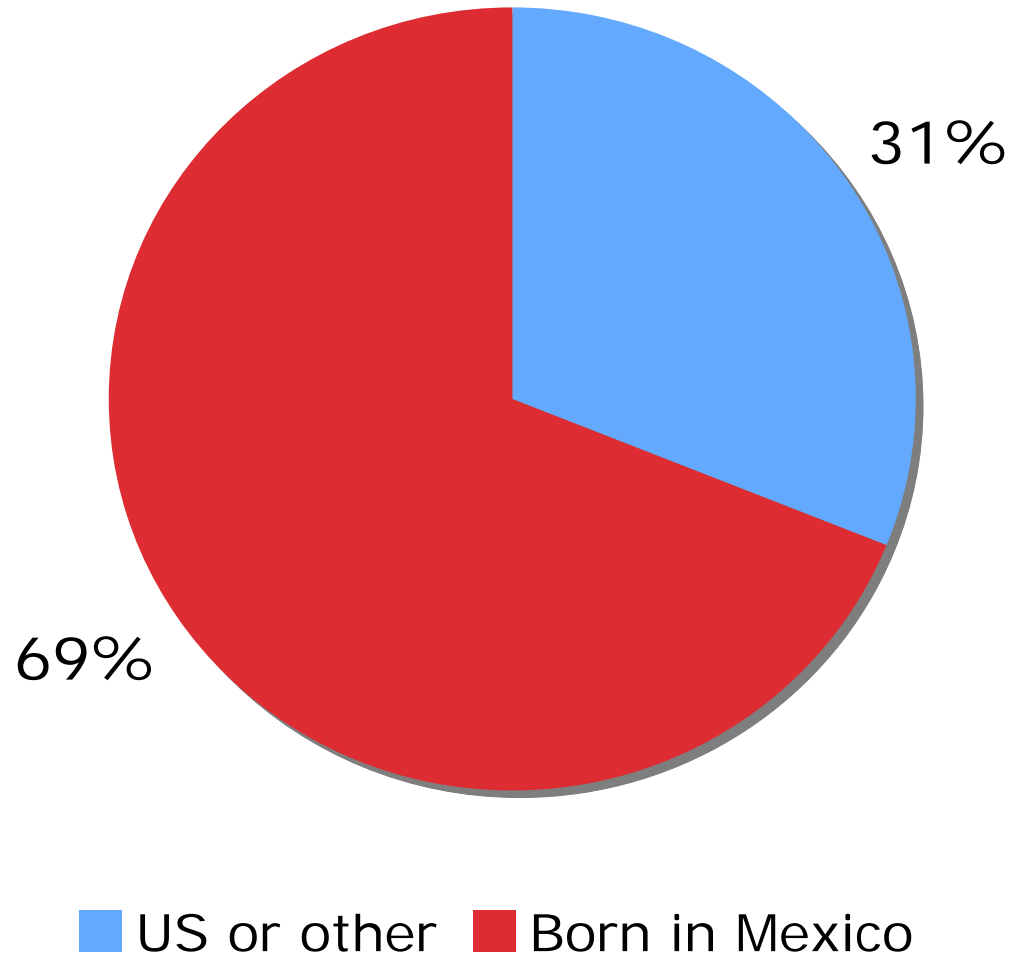


Evidence-Based Activities

- **Surveys began late January, as of 1 April completed 150 adult and 15 youth interviews.**
 - *Laboratory response has been low (follow-up is ongoing).*
 - *Challenges:*
 - Dogs
 - Commuters
 - Rain
 - Young population
 - After-school work
 - Fear of needles

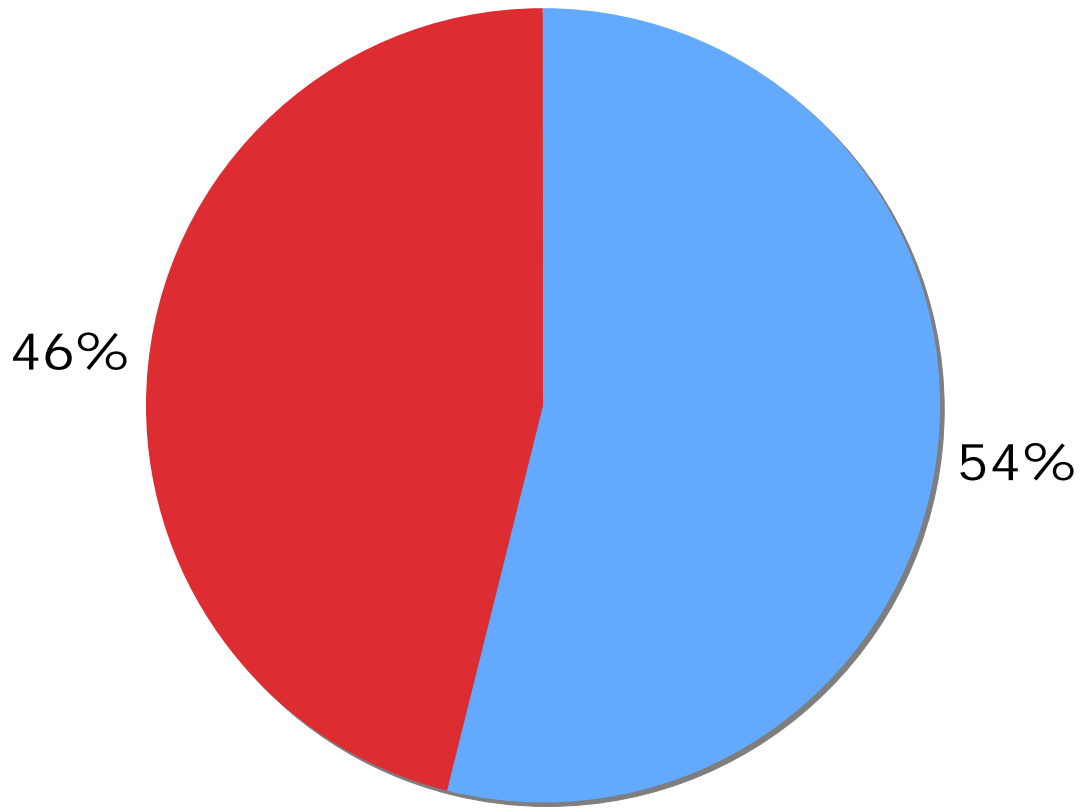


Birthplace





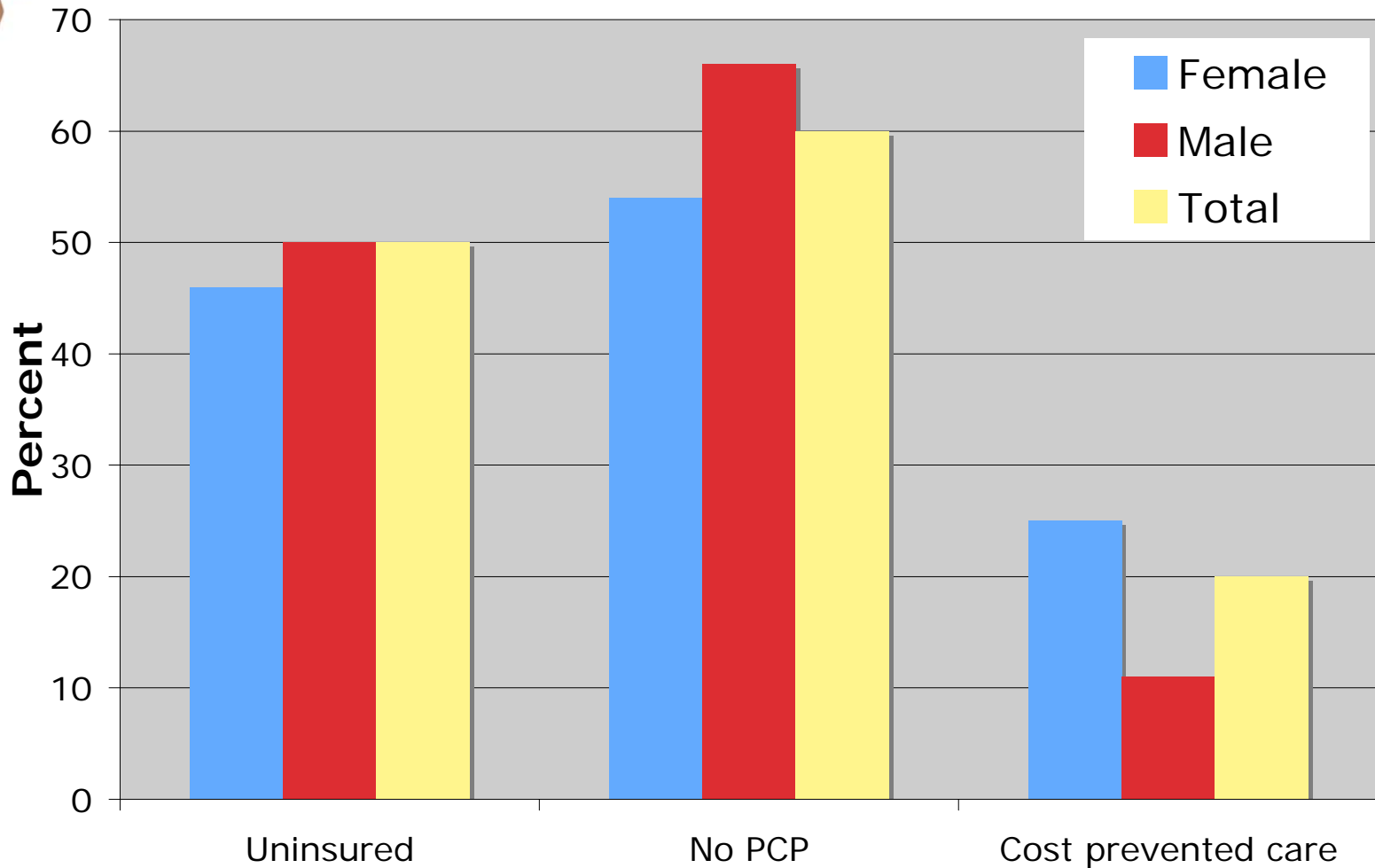
Language Spoken



■ English a/o Spanish ■ Spanish monolingual



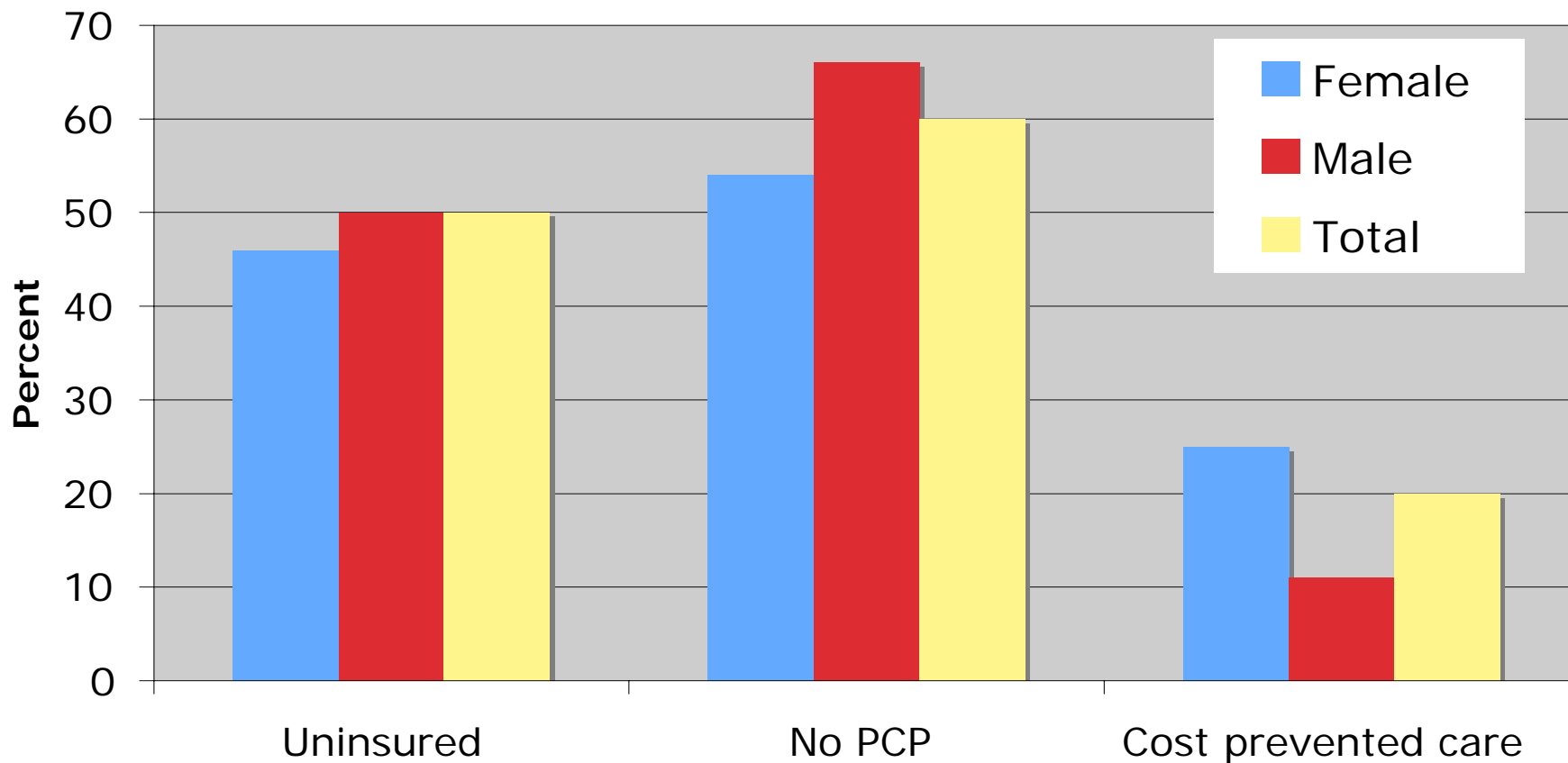
Access to Care





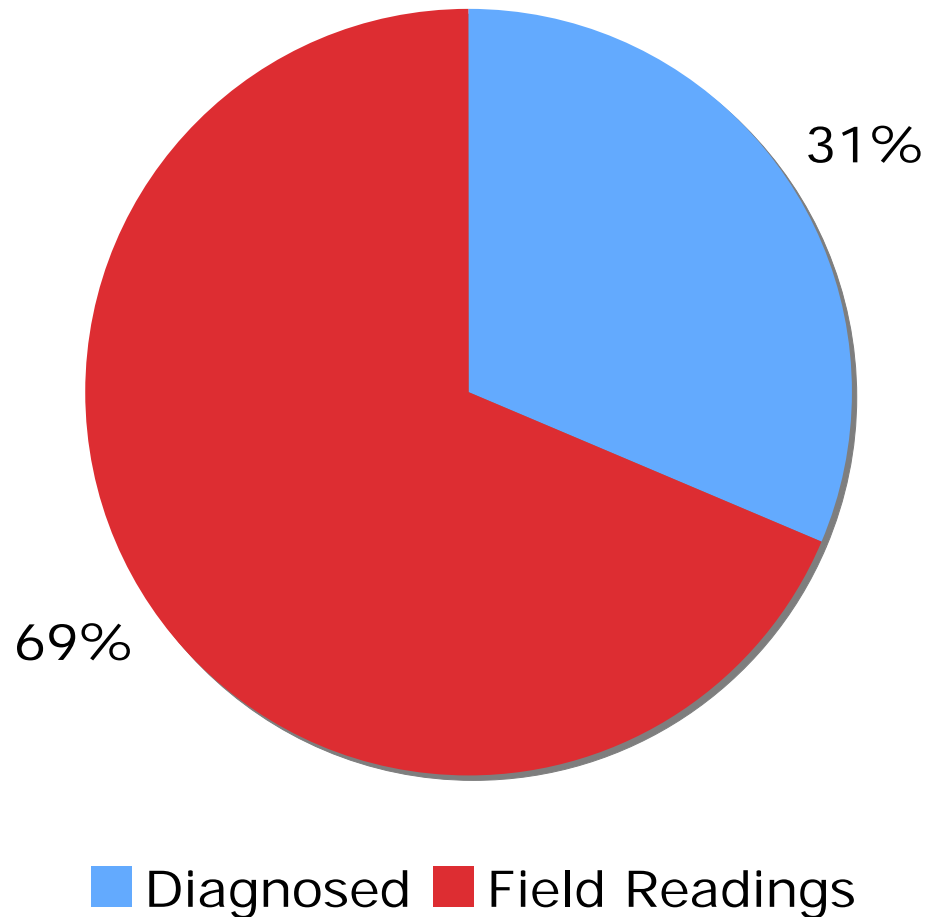
CVD Events & T2DM

Access to Care





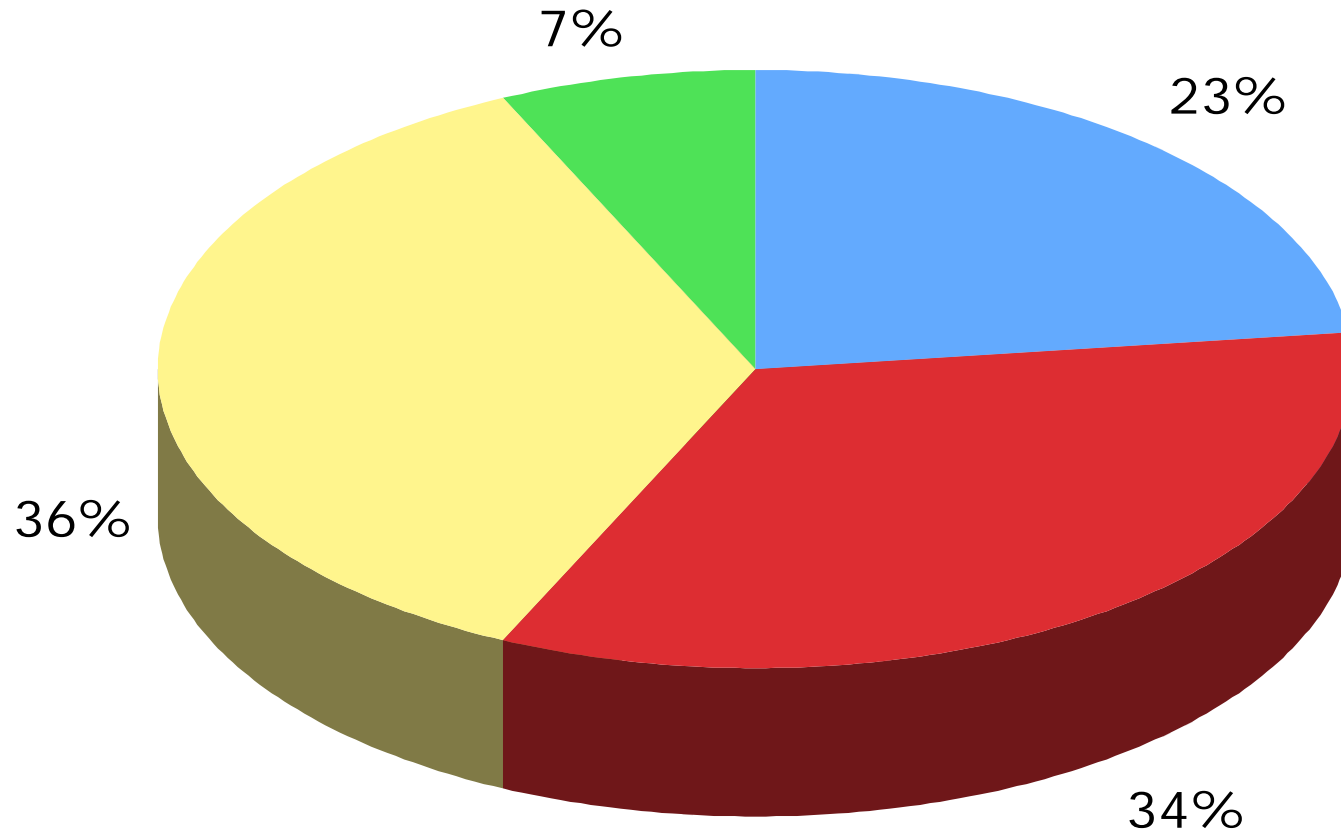
Hypertension





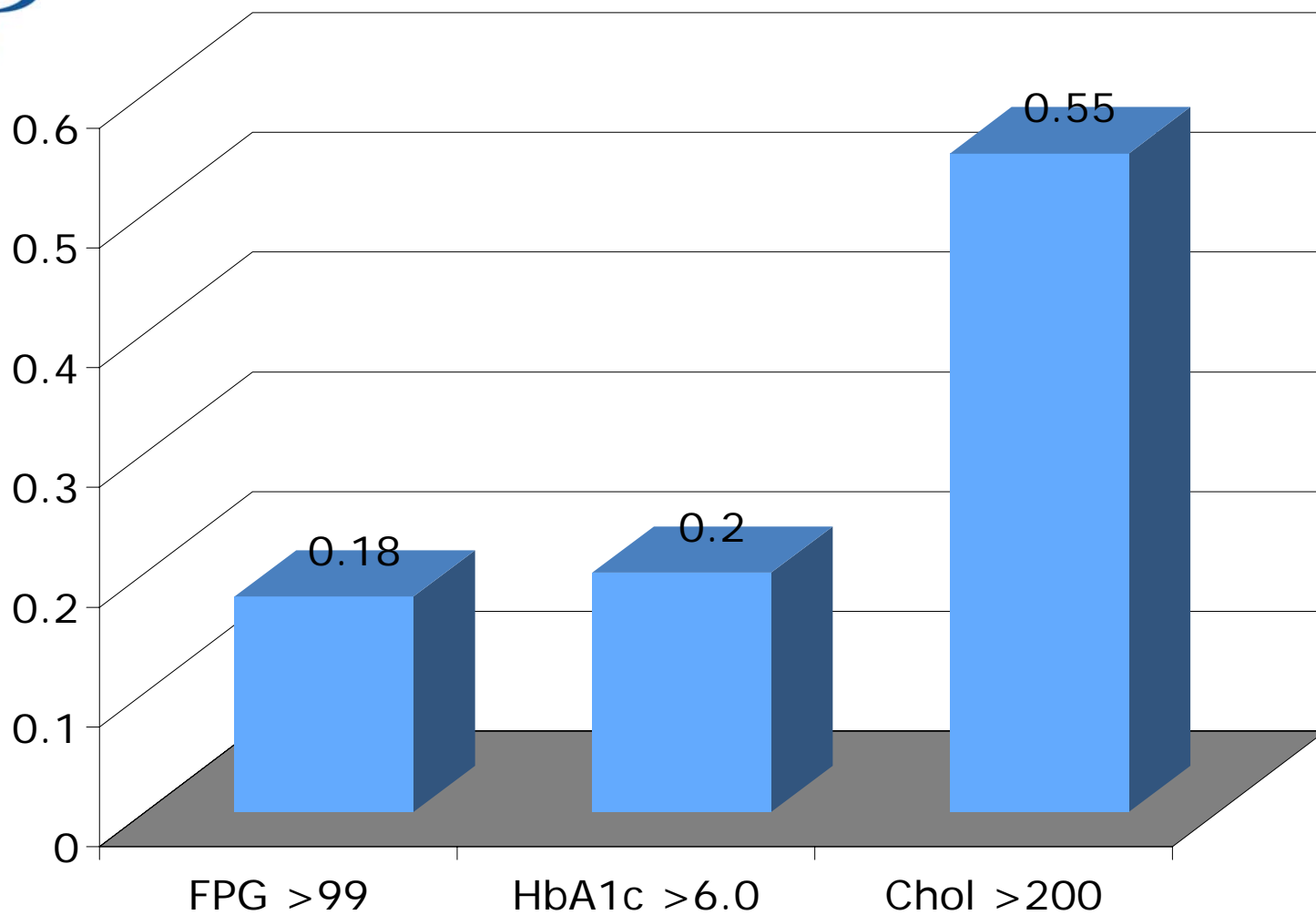
Overweight & Obesity

■ BMI < 25 ■ BMI > 25 ■ BMI > 30 ■ BMI > 40





Laboratory Results





Evidence-Based Activities

- **Risk factors**

- *44% cholesterol ever checked; 46% of these told high chol.*
- *34% ever smoked, 47% of them quit*
- *48% consume alcohol; 44% binge*



Community-Based Activities

- **Healthy Avondale 2010**
 - *Four Pillars developed work plans for the year*
 - *Committees continue to meet and be involved*
 - *Membership growing*
 - *Commitment Forms increasing*



Community-Based Activities

- **Healthy Avondale 2010**
 - *Oct. 30: Fall Harvest Festival (500+)*
 - *Dec.: Avondale BRFSS Completed (500+)*
 - *Mar. 12: Health and Resource Fair (250+)*
 - *Apr. 2: Lifelines to a Healthy Heart (200+)*
 - *H.Eating info table @ Sam's Club one week in Apr.*
 - *May 6: Wellness Symposium*
 - Speakers: Dr. Jay Kimiecik & Dan Johnson
 - BRFSS Results will be presented at Symposium



School- & Community-Based Activities

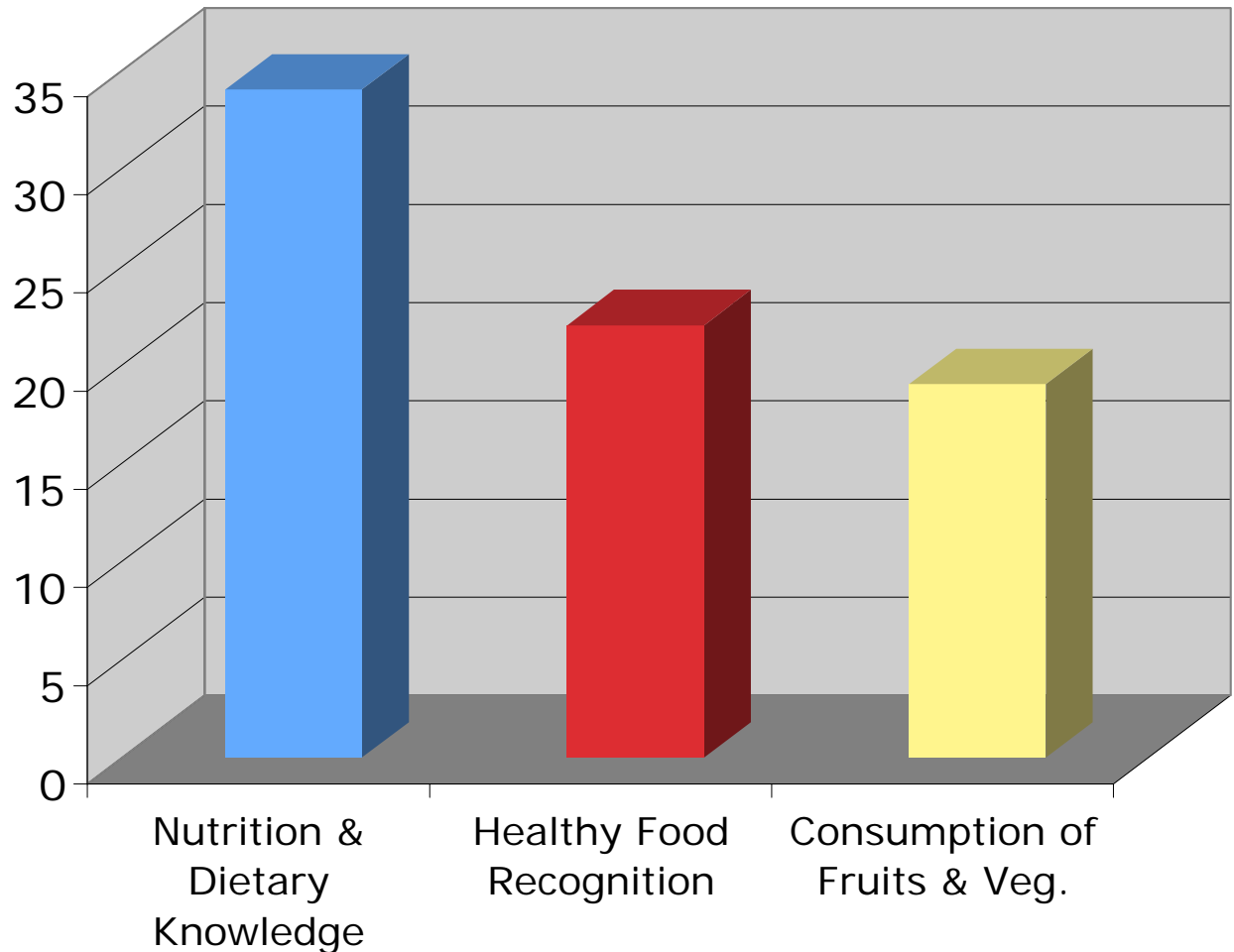
- **Sun Health's FitStart**
 - *In-school program:*
 - First cohort: 110 students (ended Dec.)
 - Second cohort: 150 students (ended Mar.)
 - Third cohort: 140 students (started Mar.)
 - *After school: Steady ~30 students.*
- **Sun Health's FitSource**
 - *First cohort started in March (six-week sessions).*



FitStart

First cohort highlights

- *Obese participants had an average 9% weight reduction.*
- *There was a 7% increase in physical activity over a 5 day period.*





Community-Based Activities

- **Halle Heart Center**

- *Avondale schools already scheduled to tour the Halle Heart Center:*

- Garden Lakes, Rio Vista, St. Thomas Aquinas, Rancho Elementary (Over 600 students!)

- **AHA provided literature for participants in all partnership programs (~3,000 x 2 brochures)**
- **AHA is supporting Wellness symposium plans**
- **Dare to Care event planned for late April.**

* **AHA/HHC does not receive funds directly but the City of Avondale has covered expenses related to Partnership programs.**



Conclusion

- **The trends show that CVD and diabetes are a public health issue in the Latino/Hispanic community of Avondale.**
- **Future efforts will address the needs identified both by TGen survey and Sun Health programs.**
- **Interest in Healthy Avondale continues to grow, both from other communities and organizations who want to support the mission.**

Thank you. . .

City of Avondale

- *Michael Powell, Sylvia Sheffield, Pier Simeri, Lee San Miguel & CHLs*

Sun Health

- *Brian Browne, MS, Emily Crane*

AHA & Halle Heart Center

- *Andy Weiler, Suncerria Tillis*

TGen

- *Johanna K. Wolford, Ph.D. (TGen, PI)*

ADHS

- *Geri Tebo, Jana Granillo, Bob Leischow*



Questions?

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